

**Claim Amendments**

Claims 1-3 (canceled)

Claim 4 (currently amended) ~~The exercise bag method~~ according to claim ~~[[1]]~~ 7 wherein the padded structure of the exercise bag is an open cell foam.

Claims 5-6 (canceled)

Claim 7 (previously presented) A method of practicing a martial art routine which comprises: striking, with the foot, an exercise bag which comprises: an enclosure, said enclosure having a bottom, a removable top, and a continuously curving lateral side surface, said enclosure fabricated from a durable material and enclosing a padded structure, which, in turn, envelops a resilient, water-tight two-liter soda pop container that can be inserted and removed from the padded confines of the bag at will.